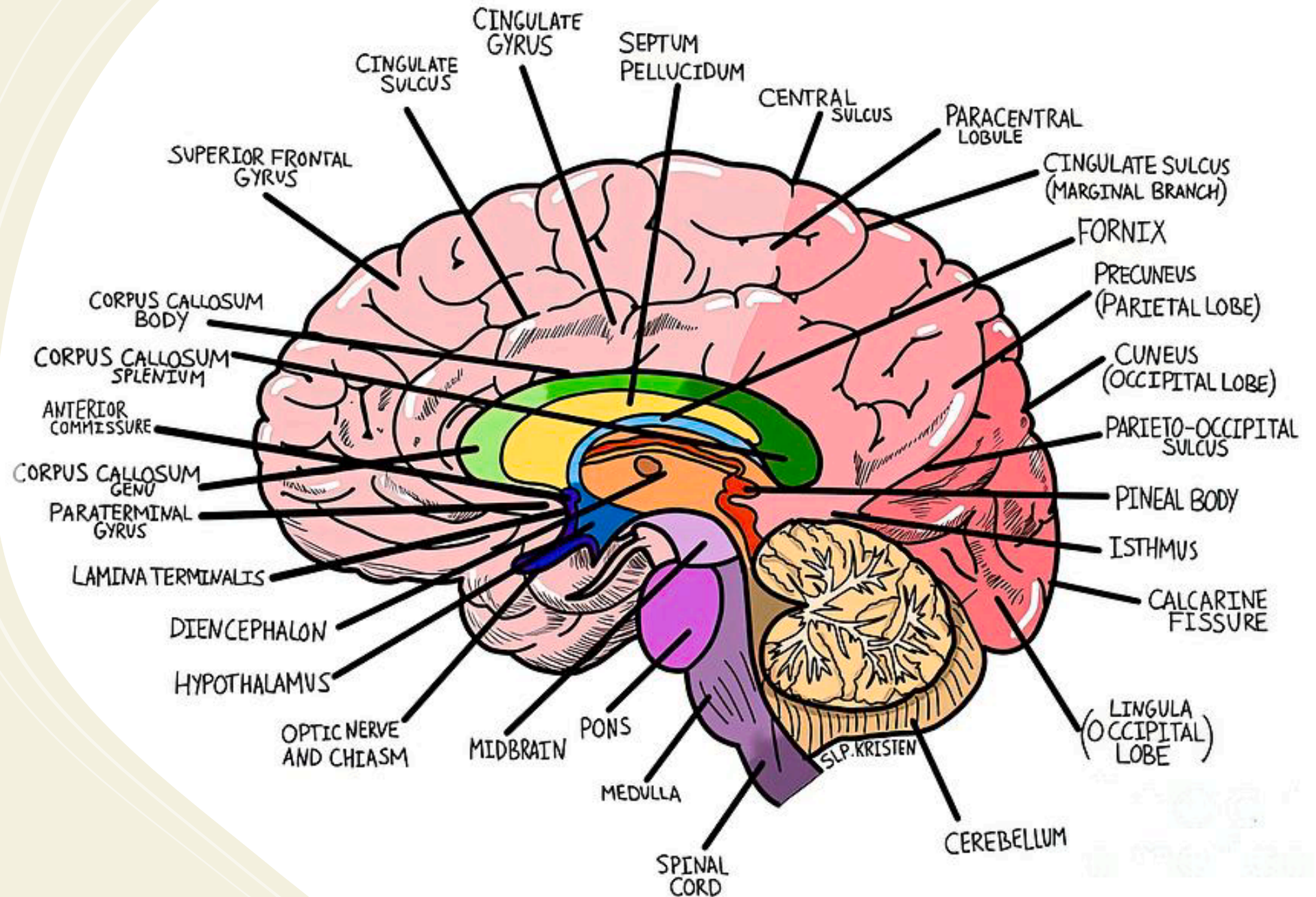


# Sleep is a Superpower.









# The Lymphatic System









## STAGE 1

lightest (1-7 mins)

Light sleep right after you drift off, 1–5 minutes.

## STAGE 2

light (10-25 mins)

Light sleep, your body relaxes, and it's best to wake up during this stage.

## STAGE 3

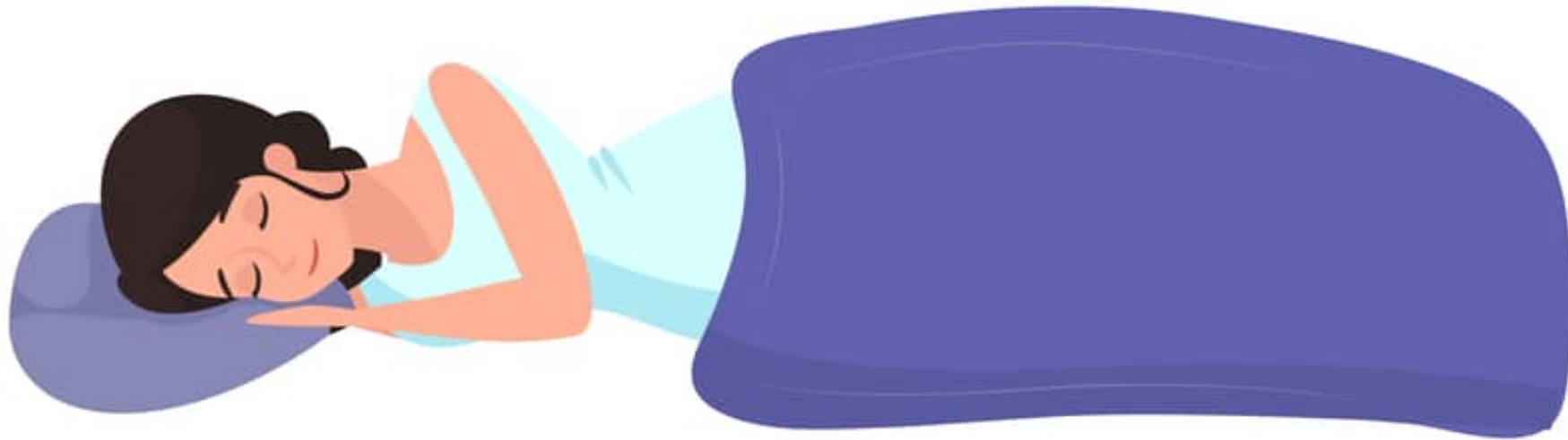
deep sleep (20-40 mins)

Deep sleep, your brain and body recover, you'll wake up groggy.

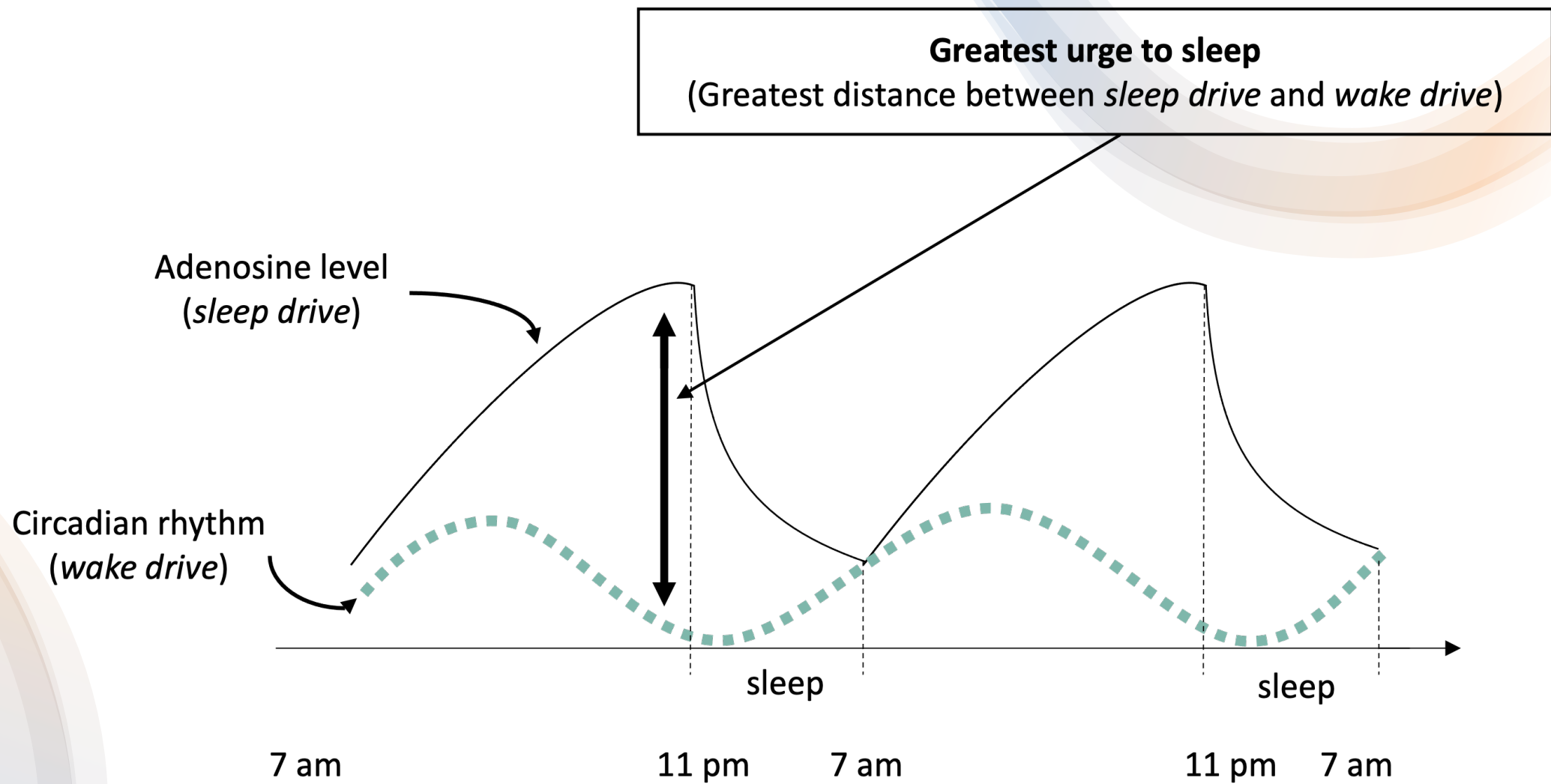
## STAGE 4

REM (20-40 mins)

REM sleep populated by vivid dreams and a feeling of unrest upon awakening.









# The Power of Sleep

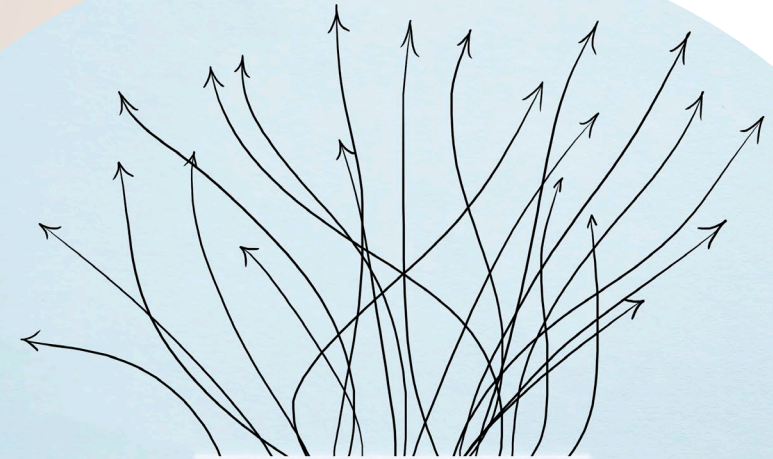




# Sleep and the Night Shift



# Learning and Memory







## Alzheimer's and Dementia





# Cardiovascular System



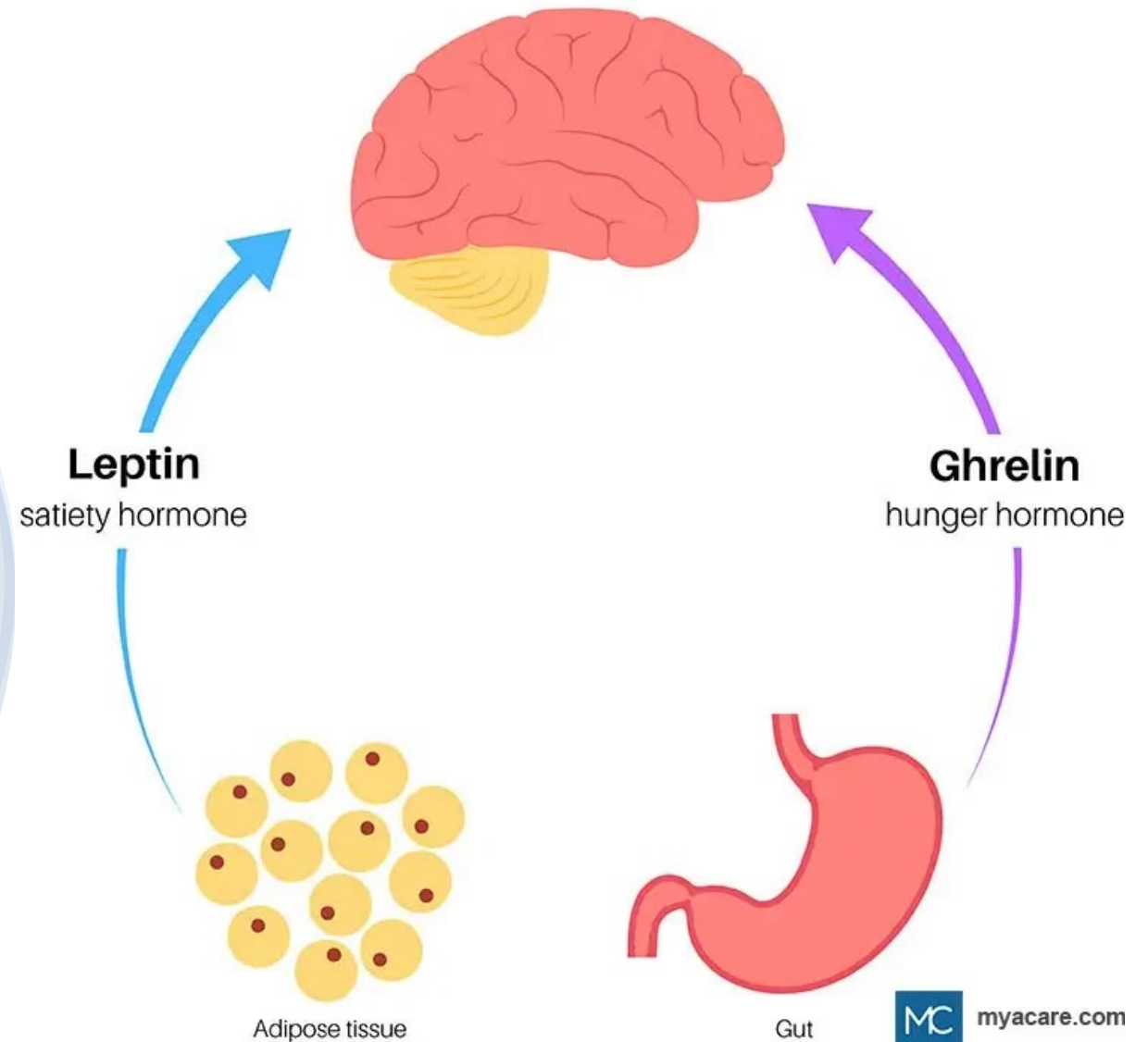


# Reproductive Systems



# Sleep and Weight Gain

## HUNGER AND SATIETY





# Sleep and Emotions





# Sleep and Immune System

Of those exposed to the  
common cold virus,  
individuals having slept  
at least **7 hours** had

**4.5 times**

greater odds of  
escaping illness than those  
that slept **5 hours** or less.

SOURCE: SLEEP RESEARCH SOCIETY



Are You Getting  
**ENOUGH  
SLEEP?**

zzzzzz



..zzzzz



# Best Habits = Best Sleep



INCREASE  
BRIGHT LIGHT  
EXPOSURE IN  
DAY



REDUCE BLUE  
LIGHT  
EXPOSURE



MAINTAIN A  
CONSISTENT  
SLEEP  
SCHEDULE



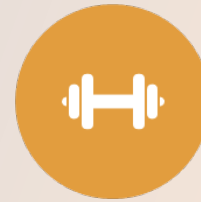
CREATE A  
RELAXING  
BEDTIME  
ROUTINE



OPTIMIZE YOUR  
SLEEP  
ENVIRONMENT



LIMIT CAFFEINE  
AND ALCOHOL  
INTAKE

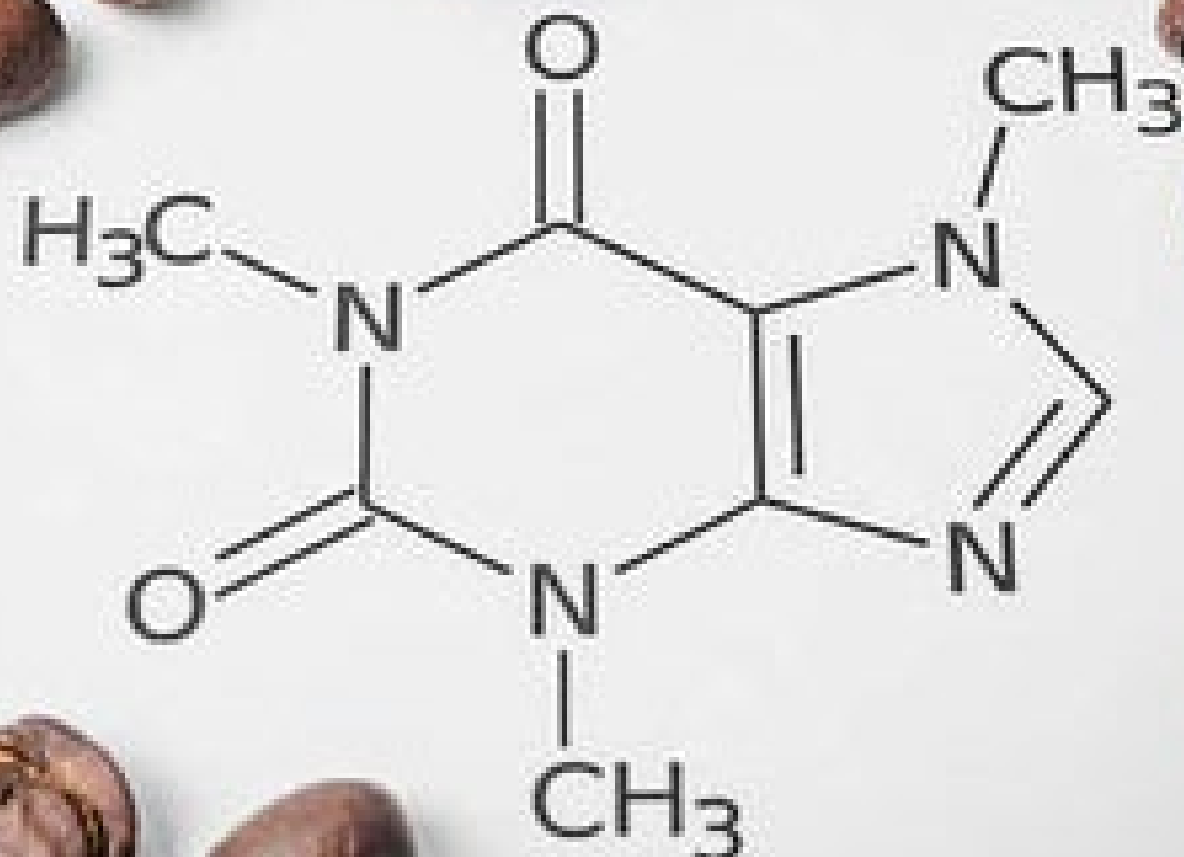


REGULAR  
PHYSICAL  
ACTIVITY



MANAGE  
STRESS AND  
ANXIETY

















# Sleep is a Superpower

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